

Cognitive Processing Therapy

Evidence-Based Treatment for PTSD



Candice M. Monson, PhD, is Professor of Psychology at Ryerson University. Dr. Monson is one of the foremost experts on traumatic stress and the use of individual and conjoint psychotherapies to treat PTSD. She is a Fellow of both the American and Canadian Psychological Associations, received the Canadian Psychological Association Trauma Psychologist of the Year Award in 2013, and was inducted into the Royal Society of Canada in 2016. Dr. Monson has co-authored 6 books, including the treatment manuals *Cognitive Processing Therapy: A Comprehensive Manual*, *Cognitive-Behavioral Conjoint Therapy for PTSD*, and *Treating PTSD with Cognitive-Behavioral Therapies: Interventions That Work*. She has published over 100 peer-reviewed publications.

Philippe Shnaider, PhD, is a clinical psychologist in supervised practice at the Anxiety Treatment and Research Clinic at St. Joseph's Healthcare Hamilton and in private practice at Evidence-based Therapy, Training and Testing (EBT3). He is the co-author of *Treating PTSD with Cognitive-Behavioral Therapies: Interventions That Work*, and has published several peer reviewed publications and book chapters. His research focuses on examining the intersection between interpersonal factors and individual psychopathology, as well as on evaluating the efficacy of individual, couple, and group cognitive behavioural therapies for anxiety- and trauma-related disorders. Dr. Shnaider is also actively involved in efforts to train clinicians in evidence based interventions for PTSD.



Presented by:

Candice Monson, PhD, C.Psych.
Professor, Ryerson University
Founding Partner, EBT3

**Philippe Shnaider, PhD,
C. Psych. (Supervised Practice)**
Psychologist, Anxiety Treatment
and Research Clinic, St.
Joseph's Hamilton
Psychologist, EBT3

**Monday, October 23 &
Tuesday, October 24, 2017**

8:30am to 4:30pm

*AM/PM Refreshments Provided
12:00-1:30 Lunch on your own*

Ramada Plaza Toronto
300 Jarvis Street, Ballroom
Toronto, Ontario M5B 2C5
Tel: 416-977-4823



www.ebt3.com

WORKSHOP OVERVIEW

About 10% of North Americans are diagnosed with PTSD in their lifetime, and most will have comorbid conditions (e.g., depression, substance use, dissociation). Fortunately, effective psychotherapies exist for treating these conditions. Cognitive Processing Therapy (CPT) is a recommended first-line therapy in current treatment guidelines world-wide. There are 4 primary targets in CPT: 1) psychoeducation about PTSD from a cognitive perspective; 2) cognitive-behavioural self-monitoring; 3) cognitive interventions specific to trauma appraisals; 4) cognitive interventions aimed at overgeneralized beliefs emanating from traumatization.

This workshop serves as a foundational training in CPT, highlighting the most recent research and changes in the protocol with the recent publication of the comprehensive manual (Resick, Monson, & Chard, 2016). Participants will receive instruction in the theoretical underpinnings of CPT to facilitate individual case conceptualization, session-by-session review of the protocol, demonstrations with video-recorded materials from actual cases, personal experience with the therapy materials through role-plays, and discussion of common problems encountered.

Agenda for Day 1:

- Symptoms of PTSD and the theory underlying CPT
- Research outcomes from CPT treatment trials
- Overview of CPT manual and forms
- Pretreatment issues, recommended assessment measures, and structuring sessions
- Review of sessions 1-3

Agenda for Day 2:

- Review of sessions 4-12
- CPT with Written Accounts
- Common challenges and strategies for overcoming them

Participants will learn:

- The theory underlying CPT
- The evidence base that supports the use of CPT in treating PTSD and its common comorbidities
- Recommended assessment strategies to determine clients appropriate for CPT and to monitor outcomes
- The session-by-session CPT protocol
- Common challenges to implementing CPT (e.g., client adherence, managing comorbidities) and strategies for overcoming them

REGISTRATION

www.cptforptsd.com/events/toronto2017/

Registration Fees

Professional, Early Bird (by September 1, 2017)	\$549 + HST
Professional, Regular	\$599 + HST
Student (valid student ID required*)	\$249 + HST

*Email (CPTworkshops@gmail.com) or fax (1-866-344-1410) a copy of your Student ID upon registration.

Payment Options

Upon registration, you have 3 payment options:

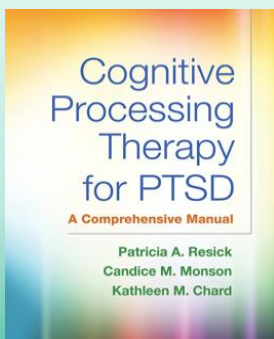
1. Payment by credit card via online registration page
2. Payment by e-Transfer to CPTworkshops@gmail.com
3. Payment by cheque (contact us for information)

Cancellation Policy

Refunds are subject to a \$30 cancellation fee.
No refunds after October 1, 2017.

COURSE MATERIAL

Participants are encouraged to read the newest version of the CPT manual *prior* to the workshop. It is available at:



www.tinyurl.com/cptforptsd

However, there is an option to purchase the manual as part of the registration process. Participants will be given their purchased book on Day 1 of the workshop.

DIRECTIONS

The Ramada Plaza is located at 300 Jarvis St., on the west side, between Carlton and Gerrard St.



Parking

Parking is available at the hotel for \$12.00 + HST (daytime rate) and \$28.00 + HST (overnight rate).

Hotel Accommodations

For this event, Ramada is honouring a discounted room rate of \$174.00/night, plus applicable taxes. When calling for reservations, please quote Group Code: **CGIMPA** (tel. 416-977-4823 or toll free 1-800-567-2233) or visit website at:

www.tinyurl.com/ramadaplazahoteltoronto

As Scotiabank's annual Toronto Waterfront Marathon is scheduled for October 22, 2017, please book early to ensure hotel availability.

If you have any questions please contact:
CPTworkshops@gmail.com